

# Reading Tips & Resources for Parents of High School Students

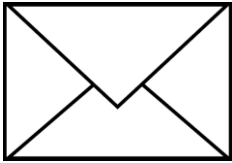


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## Did you know?

*Reading just 30 minutes each day can:*

- **Increase empathy**—people who read literary fiction have an easier time relating to others, understanding emotions, and sensing emotions in those around them.
- **Relieve stress**—reading for 30 minutes a day has those same benefits as walking, meditation, and yoga when it comes to stress relief.
- **Aid sleep**—reading a book for 30 minutes before bedtime is a great transition period to stay off your phone (avoiding blue light that can keep you awake) and wind down for the night.
- **Strengthen your brain**—consistent reading for only 10 days increases brain connectivity. The brain is more active and stronger due to the way reading affects it.

## Online Resources:

- Newsela
  - [www.newsela.com](http://www.newsela.com)
- Tween Tribune
  - [www.tweentribune.com](http://www.tweentribune.com)
- USA Test Prep
  - (available through student Clever account)
- Exact Path
  - (available through student Clever account)



## Tips & Tricks to get your teen reading:

- Set aside 30 distraction free minutes a day (no TV, no phone, etc.) for your teen to read.
- Download the Goodreads app (it's free!). Browse available lists in different genres and create reading lists together. You can also order books on this app from Amazon to be delivered straight to your door.
- Read common texts (books, magazine articles, short stories, etc.) that you can read and discuss together.
- Recommend books and authors to your teenager that you enjoy.
- Take a trip to the bookstore or library to browse together.
- Read a book that has a movie version. This can be a great opportunity to discuss the book versus the movie as well as an incentive to later view the movie together. Most bookstores and libraries have a section that caters specifically to books that have been made into films!

*"A reader lives a thousand lives before he dies. The man who never reads lives only one." ~ George R.R. Martin.*